



December 2013

Lowell Senior Center HERITAGE

~ THE OFFICIAL PUBLICATION OF THE LOWELL COUNCIL ON AGING ~

It is the month for Christmas and all through the senior center many are stirring, especially the volunteer decorators. The wreaths are all hung by the offices with care, in hopes they will hang around until the New Year! The ladies and gentlemen will be dancing and singing at gatherings throughout the month to include the holiday buffet brunches on Dec. 24th and 31st at 11 am. Come celebrate the holidays with family and friends. Tickets are \$2 and available beginning Dec. 2nd.

Holidays can be very merry for some, but difficult for others. If you have a tough time dealing with the holidays, we invite you to join others during this time for a **"Coping with the holidays"** gathering with Beacon Hospice. The dates for this gathering are **Dec. 4th, 11th & 18th at 10 am.** The event will be held in the COA Board Room. The senior center wishes all of you a month of Hope, Comfort, Inspiration, Healing & Blessing.

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~ ~ In Loving Memory ~ ~ Raymond L. Mireault



As many of you know we lost a very dear friend and employee, Raymond

L. Mireault. Ray lost his battle with "Alpha 1" disease on Oct. 22nd 2013. Ray was not only our Desktop Publisher/Graphic designer and Newsletter Editor he was a close and beloved friend and a veteran who served our country for several years. He was everyone's go to guy for computer glitches, printer defaults, taking photos and more. To me he was a dear friend and great co-worker. He always lent a caring, listening ear and gave great advice. When Ray first came to the senior center about four years ago, it was for a job interview for the senior network. He was eager to work and had a big heart. He quickly became one of my favorite people. After a few years working on the senior network. Ray was hired as a part time City of Lowell - senior center employee, where he remained up to a few weeks before his passing. He was such a dedicated and kind man. He never spoke ill of anyone and was always willing to help others when needed. I was told by

his beloved other half (Beth) that when she was transporting Ray to the hospital the day he was admitted, all he wanted to do was come to work and finish the newsletter! That was Ray. He cared deeply for others and took his job seriously. All of us here at the senior center miss him very much. I still catch myself looking to see if it's Ray coming off the elevator with a smile on his face and a camera or flash drive in his hand. We will never forget you Ray, Ray! As you would say with a twinkle of laughter in your eyes, "We bonded". This newsletter is dedicated in loving memory of Ray L. Mireault (Sept. 21st 1952-Oct. 22nd 2013). If you are interested in making a donation in memory of Ray. **Please send your mailings: Alpha 1- Assoc., 2937 SW 27th Avenue, Suite 106, Miami, FL 33133 or donate by phone: 800-521-3025**

Do not stand at my grave and weep, I am not there, I do not sleep, I am a thousand winds that blow, I am the diamond's gift of snow.

I am the sunlight on ripened grain, I am the autumn's gentle rain, When you awaken in the morning's hush, I am the swift uplifting rush.

Of quiet birds in circled flight, I am the soft stars that shine at night, Do not stand at my grave and cry, I am not there, I did not die.

Michelle Ramalho, Director

The City of **LOWELL** *Alive. Unique. Inspiring.*

December 2013

BERNARD F. LYNCH
CITY MANAGER

MICHELLE RAMALHO
EXECUTIVE DIRECTOR

City Council**Mayor**

Patrick O Murphy

Vice Mayor

Joseph Mendonca

Rodney M. Elliott

Edward J. Kennedy

John J. Leahy

Marty E. Lorrey

William F. Martin Jr.

Rita M. Mercier

Vesna E. Nuon

**FRIENDS OF THE LCOA
CENTER, INC.**

BOARD OF DIRECTORS**PRESIDENT**

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Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

SENIOR CENTER SERVICES

Main Number: 978-674-1172

Fax: 978-970-4134

These are the new numbers for LCOA

Executive Director

Michelle Ramalho 978-674-1170

mramalho@lowellma.gov

Receptionist

Tara Donnelly 978-674-1171

tdonnelly@lowellma.gov

Events / Trips Coordinator

Kathy Carroll 978-674-1169

kcarroll@lowellma.gov

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Amy (Medina) Leal 978-674-1167

aleal@lowellma.gov

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Audrey McMahon 978-674-1166

amcmahon@lowell.ma.gov

Minority Outreach Coordinator

Linda Hin 978-674-1173

Lhin@lowellma.gov

Outreach Volunteers

John R. Lawlor 978-674-1174

Jlawlor@lowellma.gov

Deanna Rabidoux 978-674-1168

dlrabidoux@lowellma.gov

SHINE (Serving Health Insurance Needs for Elders)

Joan Gong 978-674-1172

Call front desk for an appointment

Thursdays ONLY- 10 AM to 1 PM

Legal Services Assistance & Referrals

978-458-1465 (press option 4)

Appointments are now made by calling directly.

Pollard Library 978-674-8634

Senior Center Library Annex 978-970-4186

COUNCIL ON AGING**BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

Next Meeting: 12-09-13 @ 9:00am

Hours of Operation:

Monday through Friday

6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday and Sunday

Coffee & Pastries and Lunch ONLY

OPEN 7:00 am until NOON

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a. m. the day of your ride. Departure is after lunch (appr.12:30 pm-1:30 pm); except Saturday and Sundays it is at 12:15 pm. **GROCERY TRIPS TO MARKET BASKET:** Tues. Thur. and Fri. (2-bag limit): Call Tara at 978-674-1171 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m.- 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are over 60 yrs. of age. (14 seats)

City of Lowell Veterans Services

Director / Agent

Eric Lamarche 978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix 978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire 978-674-1597

NMcGuire@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 PM. — Monday - Friday

2nd Floor of the Senior Center in the administrative office area

**Friends of the Lowell Council
on Aging — Office hours vary**

L.C.O.A Trips

Roger's Bus Event-\$5.00 Trips Departs from LCOA. must be over 60 yrs.

Motor Coach Day Trips -\$25 deposit must be over 18 yrs. Departs from Ayotte Garage. 40 passengers minimum for Casinos.

All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds (Insurance available)

"Civic Events" office is now open from 6:00 a. m. to 2:00 p. m. Flyers available outside office or in the main lobby.

For more information contact Kathy or Sandy @ (978) 674-1176 or (978) 674-1169. Deposits will hold reservations for 40 days prior to trip departing. If you are not paid in full by that date you will be removed from that trip. Please note we will be accepting deposit for 2014 trips beginning, Wednesday, December 11th.



* * * 2014 * * *

January 8-10, Wednesday to Friday—Taj Mahal trip includes: Luxury Taj Mahal Casino Accommodations, \$20 Slot Bonus, "The Kid" Sings Sinatra Tribute, 2 Breakfasts & 2 Dinners, & Silver Fox Motor Coach. Cost \$194 dbl., \$189 triple, \$259 Single. **Pick up at Ayotte Garage at 8:30A.M.**

March 11, Tuesday—Ronan Tynan: An Irish Celebration Featuring Ronan Tynan of the Irish Tenors @ Venus De Milo Swansea, MA. Meal includes Corned Beef & Cabbage or Baked Haddock also Venus DE Milo's Famous Minestrone Soup, Vegetables, Breads, Desserts, Coffee/Tea. Roger's Bus. Cost \$65

April 13-20, Sunday to Sunday—Heart of the South 8 days- 11 meals, 7 breakfasts, 4 dinners Highlights- French quarter, Court of Two Sisters, Baton Rouge, Natchez, McKilhenny Company Tabasco Factory Tour, Martin Accordions, Cajun Entertainment, Vermilion Ville, Bayou Cruise, Cajun Cooking School. Rates per person don't miss out!! Day 1-3 Four Points by Sheraton French Quarter, New Orleans, Louisiana, Day 4-5 Natchez Grand Hotel. Natchez, Mississippi, Day 6-7 Hilton Lafayette, Lafayette, Louisiana. Book Now! Double \$2,069.00, Single \$2449, Triple \$1,999.00. Pick up at Ayotte Garage. Departure time TBD.

April 15th, Tuesday—Mohegan Sun The Legendary Actress – Singer & Dancer Debbie Reynolds Live in Concert Price with transportation \$79 includes (\$20 Free Slot Play/or Free Bet & \$10 Meal Voucher Good at any eating facility @ Mohegan Sun) Pick up @ George Ayotte Garage. **Time TBA**

April 24th, Thurs.-Newport Playhouse-"My Husband's wild desires". The bedroom spark has fizzled for a man and his wife. The man decides to take the bull by the horns and discovers a way to bring the flame back! Throw in the building superintendent and a nervous burglar, and the result is a comedy gone amok that will have you rolling in the aisles with laughter!! Buffett included. \$55. Bus departs @ 9:15am.-Rogers Bus.

May 15, Thursday—Direct from Vegas...The Tony Pace Show @ The White's of Westport Doors open @ 11am Meal choice: Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable, Coffee & Dessert Cost \$55. Roger's Bus **Departs @ 10:15** from LCOA.

May 22, Thursday—North Shore Acappella @ Luciano's Lake Pearl Wrentham, MA In 2011 they were featured on NBC's The Sing Off and dazzled listeners across the country. The North Shore Acappella has appeared as the opening act for the Temptations, The Platters, Ben E. King, Frankie Vallie, Roberta Flack, & Gene Pitney and many others. Meal Choice: Roast Pork Loin or Baked Haddock. Also included: veggies, bread, dessert, coffee & tea. Cost \$63.00 Departs from LCOA TBA.

May 23 – 30, Friday to Friday—Boston to Bermuda Trip Includes: Round trip motor coach transportation for group pick-up location to Boston Pier, 8 day/7 night cruise on board NCL Dawn, All meals on Board Ship, plus NCL's Freestyle Dining Program, Travelers Insurance by Travel Safe Protect-A- Group, Best of Times Exclusive Cocktail Party, All Luggage Handling Fees, Driver Gratuities for Transportation to Boston Pier, Services of a Best of Times Professions. More information on flyers. Cost \$899.00 & up. For more info see Kathy or Sandy.

June 12, Thursday—"The Temptations Live in Concert @ The Venus De Milo in Swansea, MA "The Temptations" Hits Include: "My Girl", "Just My Imagination", "Papa Was A Rolling Stone", "The Way You Do The Things You Do", "Ain't Too Proud To Beg", "I Heard It Through The Grapevine", "I Can't Get Next to You" & Many More. Also Includes Meal Choice Chicken Parm or Baked Haddock Venus De Milo's Famous Minestrone Soup, Veggies, Bread, Dessert, Coffee & Tea Cost \$65.00 Departs from LCOA @ 9:15am

June 24, Tuesday—Newport Playhouse & Cabaret "Weekend Comedy & Lobsterfest" Cost 60.00, Departs from LCOA-Rogers Bus @ TBD. Look for upcoming fliers.

September 9, Tuesday—"American Bandstand Revue" @ Venus De Milo in Swansea, MA This show is for those 50's & 60's enthusiasts with music and costumes from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Frankie Lyman, Freddie Cannon, Connie Francis, The Girl Groups and more! 11:30 doors open & lunch @ noon: Boneless Breast of Chicken, Soup, Potato, Vegetable, Dessert and Coffee. Cost \$50. Roger's Bus Departs @ 10:15 from LCOA.



Roger's \$5.00 Trips

MUST be 60 or older

Bus leaves @ 9:15 am from the Senior Center. All first day ticket sales on 2nd floor in the Library at 9:30 until 10:30 am. After 10:30 am, see the receptionist. Bus is Handicapped Accessible. Limit (4) four tickets per person ... per trip!

NO employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

SCHEDULE IS SUBJECT TO CHANGE. INCLEMENT WEATHER: IF LOWELL PUBLIC SCHOOLS ARE CLOSED, THE TRIP IS CANCELLED .

December tickets on sale November 29th

December 2, Mon. — Frugal Fannies & 99 Restaurant
 December 3, Tue. — North Shore Mall
 December 5, Thur. — The Continental & Christmas Tree
 December 9, Mon. — Solomon Pond Mall
 Dec. 17, Tue. — Manchester Mall
 Dec. 19, Thur. — Pheasant Lane & TJ Maxx, 5 Below
 Dec. 23, Mon. — Hungry Traveler & Tom's Discount

January tickets on sale December 27th

January 3, Friday — Manchester Mall
 January 6, Monday - Pheasant Lane Mall
 January 9, Thursday — Grand Buffet & Christmas Tree Shop
 January 14, Tuesday — Super Wal-Mart Amherst, NH
 January 28, Tuesday — Vanity Fair Outlets & 99 Restaurant

Lowell Cemetery History Presentation at Senior Center Wednesday, December 17 at Noon

Local historian Richard P. Howe Jr. will give a free talk about the historic Lowell Cemetery on Wednesday, December 17, 2013 at noon at the Lowell Council on Aging. Founded in 1841, the Lowell Cemetery is known throughout New England for the beautiful artwork of its monuments and the interesting lives led by the Lowell residents buried there. Mr. Howe leads walking tours of the cemetery in the spring and fall that routinely attract more than 100 visitors. At this event, he will bring his tour indoors, using photographs to introduce the audience to the beauty of Lowell cemetery while talking about the history of Lowell and its people.

**Single-Stream...
"ALL TOGETHER NOW"!**



**Start collecting
CLEAN
recyclables...!**

www.LowellRecycle.org

VETERANS



GIVE A HELPING HAND TO OUR VETERANS!

We're asking for your help!

Donate dollars to help purchase Gift Cards that
buy food, linens, clothing, gas and more

or

Donate FIVE HELPFUL ITEMS to put inside a
"VETERANS HELPFUL HAND BAG"

"HELPFUL ITEM IDEAS"

Toothbrushes, Toothpaste, Deodorants, Razors, Socks,
Underwear, Laundry Soap Packs, Soap Bars, Hair Product
Supplies, Wet Wipes, Toilet Paper, Playing Cards,
Flashlights, Batteries, Note Cards, and other useful items.

All items and funds support the
HELPING HAND VETERANS FUND
in it's ongoing effort to help local veterans with "the little
things" that make a big difference in their quality of life.
Our veterans are our real-life heroes and they deserve all
the respect and assistance we can muster.



FOR MORE INFO, CONTACT:

Roland Cartier, Director 978-237-1487

Laura Pidgeon, Secretary 978-376-3453

cartierroland@yahoo.com

Dragonmist@comcast.net

or visit our website at WWW.HHVF.US

Volunteer Nurse's Schedule for Blood Pressure & Weight Management

Lowell Visiting Nurse Association

2nd Tuesday—8:00 to 10:00 am

3rd Tuesday—10:00 am to 12:30 pm

Albert Gauthier RN/ Blood Pressure

Wednesdays—9:30 to 11:30 am

Commonwealth Nursing

1st & 4th Tuesdays from 10 am to 12 pm

* * * * *



Affordable Hearing, LLC Christopher Streeter

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month—9 to 11am.

In the Nurses Station. Please call for appt. 978-674-1172



Health Connector

When reporting a problem by phone or email, please remember, in order for the Health Connector to effectively address your technical issues, we must have all of the following information:

Description of problem:

What page is the user on when they experienced the issue?

Can they provide a screenshot of the error?

What browser are they using (Internet Explorer, Firefox, Chrome, etc., as well as what version)?

Describe extent of the Problem:

- Can the issue be re-created on demand (i.e., can you recreate it here)?
- Are all or multiple users getting the error (s), or is it intermittent?

Customer Service Issues

- If given incorrect information by a Customer Service representative:

What was the name of the person they spoke to?

- What was the date/time of the call, if available?
- What exactly was communicated incorrectly?
- If a phone or fax number, isn't working – What is the number?

Heating Assistance information and applications are available at the Lowell Senior Center for those 60 or older. Call Deanna 978.674.1168 or John at 978.674.1174 for help in applying for heating assistance. Those who do qualify may also be able to receive a free cellphone with up to 250 FREE minutes a month.

The Lowell Senior Center and Community Teamwork would like to thank all of the community vendors that helped make the resource fair such a great success!

Merrimack Valley North Shore Legal Services, Century Pharmacy-Lowell, AARP- Community Outreach, Lowell General Hospital-Center for Community Health and Wellness (blood pressures)

Attorney General's Office and GLEAN- Shawn McMaster, Commonwealth Nursing Services, Community Teamwork(CTI)- Roland Cartier/Veterans Specialist, Alan Trebat / Home Modification Loan Program, Home Instead- Community Service, Rep., Lowell Police Department-Safety Officer-Paul Corcoran, Department of Transitional Assistance (DTA)- Senior SNAP Program

Merrimack Valley Food Bank- Mobile Pantry-Summer Lunch Program, Catholic Charities-Food Pantry-Grandparents as Parents (GAP), Grief Teach, D'Youville Manor, City of Lowell Health Department-Health Education-Disposal of Meds, Lowell Visiting Nurse Association(LVNA), Audio Hearing Center-Lowell , DuraMedix Healthcare, South Bay Mental Health, Merrimack River Valley House, Cultural Organization of Lowell (COOL).

City of Lowell Solid Waste and Recycling , Diabetes Care, Lowell Humane Society, Pride Star (EMS), Lowell Community Health Center (LCHC), Senior Helpers , Community Family Inc.-Adult Day Health Program, Disabled American Veterans (DAV), United Health Care Medicare .

Portuguese Senior Center (M.A.P.S). Downes Chiropractic Services, Wingate at Belvidere Rehab and Skilled Nursing, All Care, Northeast Rehab and Hospital, MCPHS- University Pharmacy Outreach Program and Elder Services – Home owners options for elders

Thanks to everyone,

Elaine Melanson, Community Teamwork

Michelle Ramalho, Council on Aging
Director



SUPPORT GROUP

Are panic attacks and anxiety controlling your thoughts?

Learn little known facts of panic and anxiety issues.

Fridays 2:30 PM to 3:45 pm

Lowell Senior Center
Join with Our
Quilting Lessons

Meets Every
Wednesday

12 noon to 4 pm

Meets in 2nd Floor
Classroom

Lowell Council on Aging
Video Lanes

BE ACTIVE
BE EXERCISING
BE ENERGETIC
BE FUN
GO BOWLING

Wii
Bowling League
Happens every
Tues & Fri @ 11:30 in
the Lowell Senior Center
Board Room

JOE & ALBERT
WILL SHOW YOU
HOW EASY IT IS
AND IT'S FREE

The Consumer Insider

October 2013



Division of Banks • Division of Insurance • Division of Professional Licensure • Department of Telecommunications and Cable • Division of Standards

Worcester Healthcare Conference

On October 22, the Office of Consumer Affairs and Business Regulation held its second conference on empowering healthcare consumers through tools given to government and healthcare leaders under the cost containment law. The Office partnered with UMass Medical School to host the "Empowering Healthcare Consumers: A Community Conversation Part II" conference in Worcester and once again brought together healthcare leaders to discuss next steps in empowering consumers.

Undersecretary **Barbara Anthony** kicked off the day by polling the audience on their attitudes towards healthcare. 98% of the attendees agreed or strongly agreed that it's important know how much a TV will before purchasing it, while only 77% agreed or strongly agreed that it's important to know the cost of medical care ahead of time.



Pictured left to right: Eric Schultz, President & CEO of Harvard Pilgrim Health Care; Patrick Hughes, President & CEO of Fallon Community Health Plan; Patrick Muldoon, President of UMass Memorial Medical Center & Chair of the Massachusetts Hospital Association; Dr. Armin Ernst, President & CEO of Reliant Medical Group; Barbara Anthony, Undersecretary of Consumer Affairs and Business Regulation; Kristen Lepore, Vice President of Government Affairs for the Associated Industries of Massachusetts; Dolores Mitchell, Executive Director of the Group Insurance Commission; David Morales, Vice President of Public Policy and Strategic Planning at Steward Healthcare; and WCVB's Susan Wornick

Next our panel of experts, moderated by WCVB's consumer reporter and anchor **Susan Wornick**, discussed the challenges and opportunities around increasing cost and quality transparency to help consumers make more informed choices about the purchase of their healthcare services. This sparked a healthy debate around the past dysfunction of our healthcare system and how we could set on a path to correct it.

We were excited to hear thoughts about healthcare cost containment and reform from our guest speakers: UMass Medical School Chancellor **Michael Collins**, President and CEO of the Worcester Regional Chamber of Commerce **Timothy P. Murray**, Secretary of Housing and Economic Development **Greg Bialecki**, Insurance Commissioner **Joseph Murphy**, and Executive Director of the Health Policy Commission **David Seltz**, who gave an update from the Health Policy Commission's recent Cost Trends Hearing.

Medical director for *Consumer Reports Health* **Dr. John Santa** gave the keynote speech on Massachusetts staying one step ahead (continued onto back page)

News from the Undersecretary

It's been a landmark month for healthcare cost containment in Massachusetts. Starting October 1st, health insurers were required to provide cost information about planned healthcare procedures to consumers within 48 hours. Consumers can use the new tools, including websites and toll-free phone numbers, to gather this information from their carriers.



Barbara Anthony

This is an exciting step forward not only for transparency, but for health care cost containment as well. We cannot reign in health care costs if consumers are kept in the dark about the price of health care services. Transparency drives competition, and the industry should now lead the way through innovation and technology that benefits competition and consumers.

I directed some of my staff to be "mystery shoppers" and try to get cost and quality information from their insurance carriers about a hypothetical tonsillectomy. We had them detail their journey in a video we debuted at our Worcester healthcare conference. You can watch the video here to find out about their first-hand experiences. The results were pretty mixed but we hope this improves in the near future.

I encourage you all to test out your insurer's cost comparison tools and continue to use them before purchasing healthcare services.

Barbara

Consumer Hotline: 888-283-3757 or 617-973-8787

www.mass.gov/consumer



Massachusetts
it's all here.®

People & Events



1



2



9



3



4

October was another busy month, as these pictures attest:
 Pictures #1-#3-Senior Center & Community Teamwork's 1st Annual Community Resource fair. #1-City of Lowell Health department-table with Maria Ruggiero.
 #2-Lowell Visiting Nurse Association - providing blood pressures.
 #3-Community Resource table
 Halloween Dinner -Dance and Contest are #4-Bridgette Inozoa & Frank Ewing
 #5-Ladies enjoying dinner.
 #6-COA Monster Mash
 #7-Betty Martin, Judy Ednew and Leon Brien
 #8-Lucille & Al LaChapelle-costume winners!
 Youth Build members distributed coffee and tea during the event.



5



6



7



8

Photos — Arthur Toupin

Community Teamwork Resource Fair & Haunting Halloween

News To Live By



THE FRIENDS OF THE LOWELL COUNCIL ON AGING ARE ACCEPTING RENEWALS AND NEW MEMBERSHIPS BEGINNING DEC. 1, 2013 FOR THE YEAR OF 2014.

PLEASE SEE CLAIRE BRODEUR OR RAY ROADES IF YOU WANT TO CONTINUE RECEIVING "THE HERITAGE" — RENEW YOUR MEMBERSHIP NOW. MEMBERSHIPS ARE FOR ONE YEAR STARTING: DECEMBER 1, 2013.

EMPOWER COMMUNITIES TO COMMIT; Holidays are a challenge for those ALONE.

So often, suicide prevention workshops, participants try to imagine a world where suicide doesn't exist. Is it really possible? When it comes to other public health concerns like smoking, TB, Polio and the Flu virus, health services and governments approach each issue with education and practical suggestions, based on medical research, to empower communities to protect themselves and their families, with a lot of success. A similar approach is needed here, in Massachusetts, and around the world to reduce and eventually eliminate suicide in our own community, one step at a time.

What does a world without suicide look like?

- It is a world where people who are suffering, who are in a great deal of emotional and psychological pain or struggle with addiction, know where to go to help.
- Friends and family know the clues of the emotional pain, (behavior, verbal, situational), that can lead to suicide and have phone numbers and websites to connect their loved one to help.
- Use language about suicide that clearly sends a message to loved ones that "we don't judge" and will gladly help if asked.
- A world without suicide is one that remembers those we have lost to suicide and takes steps to make sure that funds are available to make sure services are there to ensure it doesn't happen again.

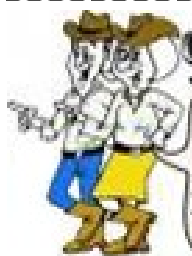
Steps can we take: Put this number somewhere where they are always in reach!

The Samaritans Helplines (24 hours) 617-247-0220/ 1-508-875-4500

Attend a suicide prevention community trainings, where you will learn the key signs that indicate when someone may be considering suicide; and skills to help you ask the question, persuade them to not harm themselves and refer them to the help they need.

Call Ciara at 617-542-7654 ext.32 for more information about Wellness events and workshops. Call Danielle at 617-542-7654 ext.14, if you or someone you know may be considering Suicide.

A world without suicide is possible, one step at a time. Let us help! - Together For Hope!



COUNTRY LINE DANCING

IT'S FUN
TO DO &
EXCITING

TUESDAYS Noon
WITH INSTRUCTOR
MARCELLA GROULX



Come in have Fun

Tuesdays 9am-11:30

Instructor: Charlotte

DOMINOES

Hawaiian Hula Dance Lessons



Good for
Joints &
FUN

**Mondays @ 10am
with Kim Stevens**

CTI Bone Builders Class
Join Us
Call Tara
978-674-1172

DRAB	STET	FDA
IOWA	HARE	LOB
PEER	ILSA	ORB
	RINK	SHEAR
TYLER	VEE	
BOILS	SPREAD	
AYE	WKS	NOD
OUTLAY	ABNER	
RON	DOORS	
AZTEC	UNDO	
POE	USNA	BONO
EON	STUB	OWEN
RMS	TAMS	OLGA

<p>Class-\$5</p> <p>10:30-Beacon Caregivers Support Group & Discussion</p> <p>11:30-Lunch (see menu) \$2</p> <p>12-4-MAH-JONGG</p> <p>12-3:45-Bid Whist Cards</p> <p>1:00-Choral Group Rehearsal-</p> <p>1:00-Movie</p> <p>1:45-2:45-CTI Bone Builders B1</p>	<p>10-12-Lowell Police Drop-In</p> <p>10-11-Tai Chi -\$3 -Connie</p> <p>11:00-Dayn Yoga with Sheila</p> <p>11:30-Lunch (see menu) \$2</p> <p>11:45-Wii Games</p> <p>12-3:45-Cribbage</p> <p>12-3-Knitting & Crochet</p> <p>1-3-Picture ID's \$3</p>	<p>RNBP-Blood Pressures</p> <p>10 am-Pro-Rehab-Dr. George Questions & Answer hour</p> <p>10-11-Yoga for Seniors \$5</p> <p>11:30-Lunch (see menu) \$2</p> <p>1-3-Bingo</p> <p>12:00-4:00-Quilting gathering- No charge</p>
<p>9.</p> <p>7-9am—Breakfast .50 cent</p> <p>-9am:30—Coffee & Pastries</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9AM-COA Board Meeting</p> <p>9:00Getting Fit w/Marian Silk \$2</p> <p>10:30-Holistic Geriatric Arthritis Class-\$5</p> <p>10am-Fallon Open Enrollment</p> <p>10:00-Hawaiian Hula Dance</p> <p>11:30-Lunch (see menu)</p> <p>12-4-MAH—JONGG (NEW)</p> <p>12pm-Holiday Movie & popcorn</p> <p>12-3:45-Bid Whist Cards</p> <p>1:00—Choral Group Rehearsal</p>	<p>10.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>30—Coffee & Pastries</p> <p>8-CTI Mandatory Meeting</p> <p>8-10 LVNA Blood Pressure</p> <p>9-11:30-Dominos</p> <p>10-12-NO Country Line Dancing</p> <p>10-12-Lowell Police Drop-In</p> <p>10-11-Tai Chi -\$3-Connie</p> <p>10:00-Diabetic Shoes-Duramedix</p> <p>11:30-Lunch (see menu) \$2</p> <p>11:45-Wii Games</p> <p>12-3:45-Cribbage</p> <p>12-3-Knitting & Crochet</p>	<p>11.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>8:30-9:25-Getting Fit w/Marian</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:30-11:30 Blood Pressures</p> <p>10am-City of Lowell Inspectional Service Dept.-"What to look for in a contractor"</p> <p>10 am-Pro-Rehab-Dr. George Questions & Answer hour</p> <p>10-11-Yoga for Seniors \$5</p> <p>11:30-Lunch (see menu) \$2</p> <p>1-3-Bingo</p> <p>12:00-4:00-Quilting gathering—</p>
<p>16.</p> <p>7-9am—Breakfast .50 cent</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:00Getting Fit w/Marian Silk \$2</p> <p>10am-Wreath making class w/ Carol Lannon</p> <p>10:30-Holistic Geriatric Arthritis Class-\$5</p> <p>10:00-Hawaiian Hula Dance</p> <p>11:30-Lunch (see menu)</p> <p>12-4-MAH— JONGG (NEW)</p> <p>12-3:45-Bid Whist Cards</p> <p>12pm-Holiday Movie w/ popcorn</p> <p>1:00—Choral Group Rehearsal</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>17.</p> <p>7-9am—Breakfast .50 cent</p> <p>9-11:30-Dominoes — Free</p> <p>10-12:30 LVNA Blood Pressure</p> <p>10-12-Lowell Police Drop-In</p> <p>10-12-Country Line dance</p> <p>10-11—Tai Chi -\$3-Connie</p> <p>11:30—Lunch (see menu) \$2</p> <p>11:45-1—Wii Games</p> <p>12pm-Richard Howe-Lowell Cemetery slide show</p> <p>12-3:45—Cribbage</p> <p>12-3—Knitting & Crochet</p> <p>1-3—Picture IDs \$3</p>	<p>18.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>8:30-9:25-Getting Fit w/Marian Silk \$2</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:30-11:30Albert Gauthier, RNBP-Blood Pressure's</p> <p>10-11—Yoga for Seniors \$5</p> <p>10 am-Pro-Rehab-Dr. George Questions & Answer hour</p> <p>11:30—Lunch (see menu) \$2</p> <p>1-3—Bingo</p> <p>12:00-4:00-Quilting gathering—no charge</p>
<p>23.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:00-COA Board Meeting</p> <p>9:00-Getting Fit w/Marian Silk \$2</p> <p>10:00-Fallon Health-open enroll</p> <p>10:00-Hawaiian Hula Dance</p> <p>10:30-Holistic Geriatric Arthritis Class-\$5</p> <p>10:30-Beacon Caregivers Support Group & Discussion</p> <p>11:30-Lunch (see menu) \$2</p> <p>12-Craft Fair-Great Hall</p> <p>12-4-MAH—JONGG (NEW)</p> <p>Noon-3:45-Bid Whist Cards</p> <p>1:00-Choral Group Rehearsal</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>24.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>9-11:30-Dominoes — Free</p> <p>10-12:30 LVNA Blood Pressure</p> <p>10-12-Lowell Police Drop-In</p> <p>10-12-Country Line dance</p> <p>10-11—Tai Chi -\$3-Connie</p> <p>11am-2pm—Holiday Buffet-\$2-Jon Mansfield</p> <p>11:45-1—Wii Games</p> <p>12-3:45—Cribbage</p> <p>12-3—Knitting & Crochet</p> <p>1-3—Picture IDs \$3</p>	<p>25.</p> <p><u>CLOSED</u></p> <p><u>MERRY</u></p> <p><u>CHRISTMAS</u></p> <p><u>HAPPY KWANZA</u></p> <p><u>FELUZE NAVIDAD</u></p> <p><u>HAPPY HANUKAH</u></p> <p><i>HAPPY NEW YEARS 2014!</i></p> <p><i>1/1/14-COA CLOSED</i></p>
<p>30.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:00Getting Fit w/Marian Silk \$2</p> <p>10:30-Holistic Geriatric Arthritis Class-\$5</p> <p>10:00-Hawaiian Hula Dance</p> <p>11:30-Lunch (see menu)</p>	<p>31.</p> <p>7-9am—Breakfast .50 cent donation</p> <p>9-11:30-Dominoes</p> <p>10-12:00-Commonwealth Nursing Blood Pressure</p> <p>10-12-Police Drop-In</p> <p>10-12- Country Line \$5.00</p> <p>10-11—Tai Chi \$2-Connie</p>	<p><u>NEW MERRIMACK PROGRAM & COUCIL</u></p> <p><u>BREAK—</u></p> <p><u>7 AM 9 AM.</u></p> <p><u>EXCLUDING 2ND & EACH MONTH.</u></p>

10:00-AA Info meeting 10:30-11:30 scrap booking \$ 15 11:30-Lunch (see menu) \$2 12 pm-DVD-Educate yourself on Alzheimers Disease 12-3:45-45's & Whist Cards 1:45-2:45-CTI Bone Builders B	speaker-Steve 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Games 1-3-Senior Social-Ray Tremblay Dancing & music: Music -pizza-\$1.00 2:30-3:45-Anxiety support with Steve Coupe— Free
12. 7-9am—Breakfast .50 cent donation 9-10-Getting fit w/ Marion- \$2 9-11-Hearing Aid Maintenance, equipment test & hearing test 10-1-SHINE councilor (please call for appointment)— Free 10:00-AA Info meeting— Free 11:30-Lunch (see menu) \$2 12-3:45—45's & Whist Cards 1:45-2:45-CTI Bone Builders B	13. 6:30—Coffee & Pastries 9:30-11:30- Computer Help Class..walk-in's welcome! 9-10-Veterans Breakfast w/ speaker-Roland Cartier-Community Teamwork-Helping Hands Program for Veterans. 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Games 1-3-Senior Social: CD's w/ Frank Desrisseaux-chicken patties 2:30-3:45—Anxiety support: with Steve Coupe— Free
19. 7-9am—Breakfast .50 cent donation 9-10-Getting fit w/ Marion- \$2 10-1-SHINE councilor (please call for appointment) 10:00-AA Info meeting 11:30-Lunch (see menu) \$2 12-4pm-BROWN BAG DAY.PLEASE NOTE DATE CHANGE 12-3:45—45's & Whist Cards 1:45-2:45-CTI Bone Builders B	20. 7-9am—Coffee & Pastries-nc 9:30-11:3- Computer Help Class walk-in's welcome! 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Games 10-3-Holiday Dinner Dance-\$7--DJ Ray Tremblay-Roast Beef Dinner, door prizes & 50/50. 2:30-3:45—Anxiety support: with Steve Coupe— Free
26. 7-9am—Breakfast .50 cent donation 9-10-Getting fit w/ Marion- \$2 10-1-SHINE councilor (please call for appointment) 10:00-AA Info meeting 11:30-Lunch (see menu) \$2 12-3:45—45's & Whist Cards 1:45-2:45-CTI Bone Builders B	27. 7-9am—Breakfast .50 cent donation 9:30-11:30— Computer Help Class. . . walk-in's welcome! 9:30 am-Friends of Lowell COA Board Meeting 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Game 11:30-3:45— Poker 11:45-1—Wii Games 1:00-Senior Social-Hamburgers-\$1.00. 2:30-3:45—Anxiety support: with Steve Coupe— Free
<u>VALLEY NUTRITION ON AGING FAST PROGRAM. MONDAY-FRIDAY</u> <u>3RD FRIDAY OF NOT SCHEDULED</u>	New Program: Wednesdays 10 am to 11 am. Q & A with Pro-Rehab's Dr. George Potamitis

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Lunch Menu



Lunch is served at 11:30 am. Sugar-Free Jell-O & 1% Milk is available daily.

Lunch Tickets are available daily until 10:30 a.m. Seniors that arrive later must pay cash and will follow ticket holders.

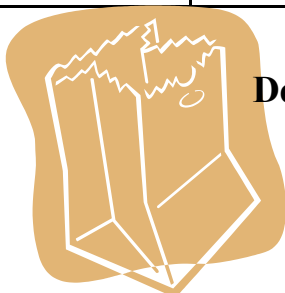
Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell.

Menu items subject to change due to quantity issues and seasonal availability.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Baked Chicken, Potatoes, Peas, Roll, Fruit Salad	2. Stuffed Peppers, Corn, Wheat Bread, Pudding, Juice	3. Chicken Croquettes, Rice, Gravy, Carrots, Roll, Fruit.	4. Shepard's Pie, Beets. Wheat Bread, Pears.	5. Cheese Lasagna, Mixed Veggies, Rye Bread, Peaches	6. Florentine Fish, Potatoes, Green Beans, Roll Oranges	7. Pork Chop, Potatoes, Mixed Veggies, Rye Bread, Cookies.
8. American Chop Suey, Green Beans, Wheat bread & Apricot	9. Turkey Loaf, Gravy, Rice, Wax Beans, Wheat Bread, Pudding, Juice	10. Beans and Hot Dogs. Cold Slaw, Wheat Bread, Apricots.	11. Stuffed Cabbage, Corn, Rye Bread, Yogurt, Juice.	12. Chicken, Stewed Tomatoes, Broccoli. Wheat Bread, Pudding, Pineapple.	13. Fish Cakes, Mashed Potatoes, Peas, Wheat Bread, Pudding/ Juice.	14. Pork Pie Mixed Veggies, Juice, Pudding
15. Roast Turkey, Mashed Potatoes, Peas & carrots, Roll, Fruit Cup	16. Swedish Meat Balls, Pasta Sauce, Broccoli, Wheat Roll Pudding, Juice	17. Chicken A la King, Rice, Carrots, Roll & Orange Juice.	18. Chicken Breast, Potatoes, Green peppers, Wheat Bread & Jello	19. Fish w/ tartar Sauce, Broccoli, Roll & Orange juice.	20. DINNER—DANCE Roast Beef, Mashed Potatoes, Peas, Gravy. Rolls.	21. Hamburg, Onions, Mashed Potatoes, Green peppers, Roll, Pears.
22. Baked Ham, Potatoes, Carrots, Roll & Fruit Cup	23. Chicken Legs, Mashed Potatoes, Carrots, Wheat Bread, Pears.	24. PRE- HOLIDAY BUFFET. \$2.00	25. HAPPY HOLIDAYS C L O S E D	26. Chicken Poppers, Rice, stewed tomatoes, Corn, Wheat Bread, Mixed Fruit.	27. Fish Sticks, Baked Potatoes Carrots. Wheat Bread, Mixed Fruit. .	28. Beef Stew, Mixed Veggies, Potatoes, Biscuits, Fruit Cups.
29. Roast Pork, Potatoes, Wheat Roll, Peaches	30. Salisbury Steak, Mashed Potatoes, Corn, Wheat Bread, Mixed Fruit.	31. NEW YEAR'S EVE PRE- HOLIDAY BUFFET-\$2	Closed — Jan. 1 Happy New Year		MENU SUBJECT TO CHANGE	

Brown Bag Pick-up Dates

December 19, 2013 DATE CHANGE (Thursday) * January 28, 2014
February 25, 2014 * March 25, 2014 * April 22, 2014
May 27, 2014 * June 24, 2014 & July 22, 2014



Every 4th Tuesday 12:00 noon to 3:00 pm ONLY pm

AARP Foundation Tax-Aide AARP Foundation Tax Aide volunteers will once again be at the Senior Center helping low to moderate income Lowell area residents prepare their federal and state tax returns. Volunteers will be available on an appointment basis only on Wednesdays and Thursdays from 9am to 1pm from early February 2014 until 10 April 2014. We will not know the exact start date or be able to make specific appointments until late January 2014.

Starting in January, the senior center will maintain a list of names for appointments and have a checklist of all the documentation you should bring to your appointment. Please pick up a copy to serve as a reminder for your appointment. As a minimum, all taxpayers should bring a copy of last year's federal and state returns to their appointments. If you think you might be eligible for the Massachusetts senior circuit breaker credit, you must bring copies of ALL of real estate tax bills plus ALL water and sewer bills PAID in 2013. Taxpayers

who don't bring in the required paperwork will have to reschedule their appointments and/or return at a later day/time so it's important to review the checklist and bring everything needed.

Registrar Richard P. Howe Jr. will "Answer Your Questions" on Jan. 3, 2014, at Lowell Senior Center At 10 a. m.

Register of Deeds Richard P. Howe Jr. will visit the Lowell Senior Center on the first Friday of each month beginning on January 3, 2014 from 10:00 a.m. until 11:00 a.m. to answer questions anyone may have about real estate such as how to add a name to a deed, how to remove a name from a deed, what happens when a co-owner of the property dies, what is a Declaration of Homestead, what is a Trust, and any other questions that might arise. The Registry of Deeds is located at 360 Gorham Street in Lowell inside the Superior Courthouse. The registry has a Customer Service Section that is also able to answer these types of questions. The Customer Service Section is open from 8:30 a.m. until 4:00 p.m. on weekdays and may be reached at (978) 322-9000 or by visiting in person.

Volunteer Openings Available in Community Teamwork's Senior Corps Program.

Senior Corps Volunteer Program. Would you be interested in earning extra money - tax free- that cannot be counted against any subsidy you receive? Our qualified volunteers receive anywhere from \$200 to \$400 a month! The money CANNOT be counted as income; we have seniors living in senior housing who participate in our programs. If you would like to spend time with a homebound senior or with young children in a child care or school program, please give us a call to learn more! 978-654-5673

If you are interested in volunteering, making your community a better place and may not qualify for the stipend program, we have other opportunities waiting for you! Our RSVP program places interested participants in many different places. Some current openings include Toys for Tots and Coats for Kids. If you have a skill you can share we can find the right place for you. Some of our RSVP volunteers spend time helping non-profits with grant writing, fund raising or event planning. Please give us a call if you are interested 978-654-5673 — www.comteam.org

Abu Dhabia Group Visits Lowell Police Department

City Manager Bernard Lynch and the Lowell Police Department (LPD) Command Staff hosted an entourage of nine officials from Abu Dhabi to discuss how performance management helped the LPD become more efficient, effective in the area of deploying resources and reducing crime and associated costs. The purpose of the visit was to aid in the contingent's development of a pilot performance system of their own. The group has been touring the Commonwealth and included Lowell on its itinerary because of the LPD's reputation for leadership in addressing public safety.

The team of officials from Abu Dhabi approached the city to set-up the meeting because they were interested in hearing about Lowell's successes in goal setting, performance budgeting, costing and reporting, and ability to use performance data to help inform decisions. The visitors listened intently as the police command staff discussed new initiatives, such as incorporating social media into investigations and incorporating previously disparate sources of intelligence into information used by the Crime Analysis Unit to apprehend wanted individuals. The contingent asked questions related to state and federal funding, resource allocation, and details on Lowell's successes and challenges. Abu Dhabi is the capital and second largest city of the United Arab Emirates in terms of population, and the largest of the seven member emirates. The city proper had a population of 921,000 in 2013 and has played a pivotal role as an ally to the United States due to its strategic geographic location on the Persian Gulf in the Middle East. The Abu Dhabi police force is 35,000 strong and is the primary law enforcement agency in the Emirate of Abu Dhabi. Both parties agreed on the benefits of continuing this relationship further and sharing best practices.

Participating in the presentation were and Acting-Superintendent Deborah Friedl, Deputy Superintendent Arthur Ryan, Provisional Deputy Superintendent William Taylor and LowellSTAT, Director, Conor Baldwin.



'Twas the night before Christmas,

when all through the house

*Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St Nicholas soon would be there.
The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads.
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.*

*When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.*

*Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tinny reindeer.*

*With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.*

*More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!
"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, on Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"*

Feluzé Navidad

While most Americans will come together on Christmas Day to open presents and enjoy a turkey feast, Hispanic households will start rejoicing a day early with tamales or lechón.

Latinos celebrate on Christmas Eve or Nochebuena. Traditions vary by country and region but three things are always present during the holiday, regardless of where you're from: mouth-watering food, festive music, and good times with family and friends.

Best Wishes For Hanukah

*Wishing you a holiday season bright with joy and rich memories — Happy Hanukkah!
Hanukkah is here! Candles rekindled; Faith renewed;
Tradition preserved.—*

As you celebrate the Festival of Lights, may your home be bright with happiness and love. Best Wishes at Hanukkah

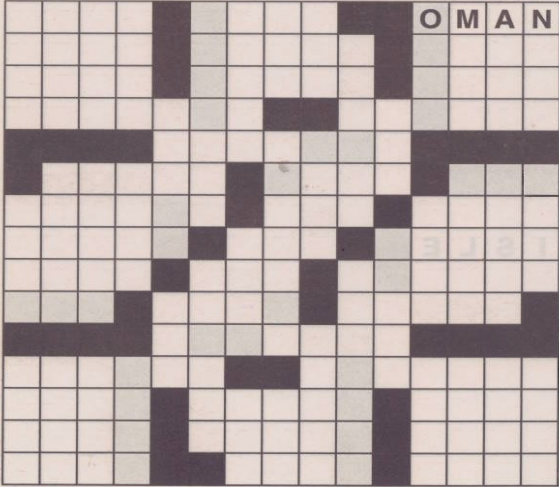
May your heart be warmed with the glow of Hanukkah candles and your New Year be happy and healthy.
Happy Hanukkah!

K-W-A-N-Z-A-A — What's it about?

Gonna get my chores done, call all my friends
'Cause tonight is the night Kwanzaa begins
Can't wait to light the candles- one by one
Sit around telling stories of where we came from

Sharing our past with songs to sing
About women and men, warriors and kings
I'll ask you in Swahili "What's the news?"
We've come so far, but there's much more to do.

3 Letters	AMOK	MILO	SLUE	CADRE
ABS	ANOA	MOBS	STOL	CORGI
CIA	ATON	MYNA	SUES	EARLE
ELI	BRIE	NEST	TALC	HAUNT
ERR	CAEN	NOTE	TEXT	LURID
HE'S	CAGE	OLAV	THEE	MUGGY
HIP	CLEW	OLEO	TSKS	ODDLY
IRE	ELBE	OMAN✓	UGLI	OLDIE
LAC	GHEE	ORAN	URDU	RHINO
NYE	IBEX	ORLY		SIREN
SEE	KOBE	PERE	5 Letters	SOUND
SST	LEST	RHEA	AGAIN	TUNER
	LIMO	RILE	BLIND	
4 Letters	LOBO	SAGA	BOONE	6 Letters
A LOT	LOOM	SINE	BRAIN	EDILES



7 Letters

ETHICAL
GELATIN
ISOTONE
SKELTON
SNOWMAN
UTENSIL
UTTERLY

Solution on page 155

SENIOR BULLYING

It is estimated that 10-20% of seniors have experienced some type of senior bullying in an institutional setting, (senior centers, nursing homes or assisted living centers) and much of it verbal abuse. Peer bullying, or asserting one's will to intimidate, embarrass, or humiliate others is rapidly increasing among senior adults and it is recognized worldwide.

Both men and woman can bully. Woman tends towards passive-aggressive behaviors such as gossiping and whispering about people, while men tend to be more direct and "in your face". Some elders will resort to their childhood behaviors known as the "once a bully, always a bully" phenomenon.

In a retirement home or senior setting, bullying tends to occur more often when resources are being shared. Verbal insults over board games or the pool table, motorized vehicle users inconsiderate of people in their path, and shunning new residents are a few examples. Seniors have also been the victims of violence, sometimes over something as trivial as a coveted spot at the dinner table.

Since bullying behaviors can range from verbal intimidation all the way to physical violence, intervention is the key to halting bullying. Some facilities are guilty of managers and staff using bullying and allowing or even actively supporting bullying by residents as a means of maintaining control over residents.

Gerontology experts recommend asking the following questions for those in the process of selecting a senior community:

- Are the Residents of a community required to sign a code of conduct to treat peers with consideration and respect?
- Are there resident ambassadors to help newcomer's transition into the community?
- Are there staff members who coach residents on how to handle snubs and aggression?
- Do the staff members encourage bystanders to act in positive ways when they observe bullying; and respectful of possible physical, or cognitive impairments?

Do offenders receive a written reprimand or, in case of multiple complaints, stronger penalties?

If you have any further questions on senior bullying, please contact Paul Corcoran at the Lowell Senior Center on Tuesdays.



VFW Post #662 Ladies Auxiliary members & Retired Veterans Director (from left): Joseph Dussault, FCOA BOD & volunteer Lorraine Mellen, COA volunteer Shirley Kiernan, VFW's Connie Dussault & COA volunteer Doris Santos.

These wonderful volunteers were recognized for Ladies Auxiliary month!

"Dealing with Loss During the Holidays"

The holiday season can be extremely stressful for those who have lost loved ones. You may find yourself dreading the holidays and feeling unsure and overwhelmed with how to cope with the upcoming holiday season. If you have experienced the death of a loved one, please join us as we share our feelings, develop coping strategies, and move toward healing in a supportive, confidential environment. **Wednesday's: December 4, 11 & 18th @ 10 am.-COA Board Room LUCILLE BONANNO**

Bereavement Field Coordinator

Beacon Hospice, Inc. 3 Branch Street, Suite 106
Methuen, MA 01844 Tel. 978-837-3333

Don't Wait Until It's Too Late!

Medicare Plans Open Enrollment

Period ends: December 7

Medicare plans change every year! SHINE Can Help! SHINE counselors provide Medicare counseling free of charge. Call your senior center for a SHINE appointment now! Or - Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227).

City of Lowell Website Ranked 5th

City Manager Bernard F. Lynch is pleased to announce that the City of Lowell's website —

www.lowellma.gov has taken fifth place this year among other tech-savvy digital cities in America in the population category of 75K - 124.9K. The City of Lowell's government was recognized for its ongoing, service-focused, and City-wide efforts to engage and connect with constituents via a variety of online tools.

The Center for Digital Government (CDG) and National League of Cities (NLC) conducted the national rankings in their 2013 annual Digital Cities Survey. Each website was judged on variety of criteria including progress on information and communication technology practices made over the past year return on investment, and a city's demonstrated ability to innovate and leverage creative practices.

are seeing huge cost savings that are critical to operations and their

to meet higher demand for services," Todd Sander, executive director for cities this year, particularly among larger jurisdictions. investing in technology

"Cities that are investing in technology are seeing huge cost savings that are critical to operations and their ability to meet higher demand for services," Sander said. "These cities are true innovators and we applaud them as they work in the spirit of collaboration to provide extraordinary value to constituents, despite budget setbacks." Marie Lopez-Rogers, NLC President, stresses that "the cities honored reflect public administrators and IT professionals wisely adopting technologies with a readiness to share with others serving public interest."

The City of Lowell is honored to be included in the 2013 Digital Cities Survey, and hopes to increase its website ranking in next year's survey through its commitment to constituent services and transparency.

News Briefs

Digital Photography Better for Elderly Brains than Crosswords

A study has shown that trying new things is more beneficial than just keeping the brain active. In the study, participants were divided into three groups: learning digital photography, quilting, or both. The study's purpose is to see what learning a brand new skill does for the brain and memory compared to an activity that is relatively familiar. According to Dr. Denise Park, of Texas University in Dallas, "The findings suggest engagement alone is not enough. The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only the groups that were confronted with continuous and prolonged mental challenge improved." — The Telegraph,

Senior Gamers Rejoice: Video Games Can Help Aging Brains*

A study originating from the University of California in San Francisco is showing signs that video games can be a powerful exercise vehicle for the aging brain. The team said they recently found a custom-designed video game that can be used to assess cognitive abilities across a lifespan. The



Holiday Movies Dec. 9th & 16th @ 12pm

C T I Housing Programs 978.459.0551

- ◆ Network to End Homelessness
- ◆ Foreclosure Prevention
- ◆ First Time Homebuyer
- ◆ Section 8 Choice Voucher
- ◆ Consumer Education Center
- ◆ Modifications for the Disabled
- ◆ LIHEAP (Fuel Assistance)
- ◆ Weatherization
- ◆ Heating System Repair and Replacement
- ◆ Appliance Management

Briefs (con't)

games make elderly people better at multitasking or smarter, but shows that specifically-designed games could boost the memories and brainpower of older adults. —

*** Join the Wii bowlers every Friday at 11:45 to 1:00 p. m. —**

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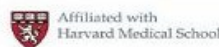
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